

Cover page with the Official Title of the study:
Effectiveness of a Self-applied Multi-component
Psychological Online Intervention Based on UX, for the
Prevention of Complicated Grief Disorder in the Mexican
Population During the COVID-19 Outbreak: A Randomized
Clinical Trial.

Date: October 1st, 2020



Informed consent

A group of researchers from the International University of Valencia (VIU), the Autonomous University of Ciudad Juárez (UACJ), the Autonomous University of Mexico (UNAM) and the University of Buenos Aires (UBA) Argentina, we are conducting a study in order to implement and validate an online intervention based on Cognitive Behavioral Therapy, Mindfulness, Behavioral Activation Therapy, and Positive Psychology with the purpose of the prevention of complicated grief disorder, by reducing grief and strengthening the capacities of the person to handle losses derived from COVID-19 as well as reducing the symptoms of anxiety, depression, hopelessness, and post-traumatic stress, and increasing the quality of sleep and perception of the quality of life.

The intervention is composed by 12 interconnected modules to which you will have access when registering on the platform.

To register on the platform, only an email is required, and you do not have to provide sensitive or personally identifiable information such as your name at any time. The results of this research will be analyzed for research purposes and, therefore, they can be published in journals, scientific books or disseminated by other means to the scientific community, taking care at all times of the confidentiality and anonymity of the data of the participants. This study has the approval of the Research Ethics Committee, from the Universidad Autónoma de Ciudad Juárez. Approval date October 1st, 2020. Identification number: CEI-2020-2-226. It is important to mention that you will not be asked for any sensitive data or your name, in addition to the fact that the intervention will always be completely free.

For this reason, to start we ask you to answer a series of questions that will be presented below, a task that will take you around 40-45 minutes. If there is a question that you do not understand, please report it to us and continue with the next question, the important thing is that you answer what exactly happens in your case, because that is precisely what we want to know. There are no right or wrong questions, so please answer with the utmost sincerity.

The instruments to answer are:

1. Depression scale of the Center for Epidemiological Studies.
2. The abbreviated depression, anxiety, and stress scale (DASS-21).
3. Plutchik Suicide Risk Scale.
4. Pittsburgh Sleep Quality Index.
5. Post-traumatic diagnostic scale.
6. Satisfaction with Life Scale.

7. Beck's Hopelessness Scale.
8. Generalized Anxiety Scale (GAD-7).

If you agree with what is proposed, please click on accept, otherwise you can close your internet window. In this application, you indicate that you agree to voluntarily participate in this research that we are conducting and, therefore, willing/complete the questionnaires.

I accept and commit to respect the following standards in order to provide knowledge, progress, and research on the health of the Mexican population that is being exposed to the contingency due to the COVID-19 pandemic, therefore, I declare that:

- I have been able to ask questions about the study
- I have received enough information about the study
- I can contact the people who are applying this series of questionnaires to dispel my doubts regarding the research.

I understand that my participation is voluntary and that I can withdraw from the study:

1. Anytime
2. Without having to explain
3. Without this affecting my integrity as a person I freely agree to participate in the study

Benefits:

If you accept their participation, you will join a psychosocial and health support network, where you will receive free Psychological counseling through a program of 15 interactive modules and a chat service which will be attended by Psychologists supervised by the researchers of this project and which It is intended to clarify any doubts you may have regarding the contents of the modules or tasks to be performed.

For more questions, you can contact us by mail at admin@saludmentalCovid.com or Dr. Alejandro Domínguez Rodríguez, principal investigator, and coordinator of this project: alejandro.dominguez.r@campusvui.es

I freely agree to participate in the study:

Date: